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PAGE 22

Are apps not apt for baby?

Advocates are pressing for more scrutiny of smartphone games that claim to help young children learn

PAGE 6

OFF THE RAILS

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Health authorities have issued an alert over the underground Burnaby dental practice of Tung Sheng Wu, 62, who also goes by the name David Wu. CONTRIBUTED

Illegal dentist's patients at risk

Burnaby. Tung Sheng Wu is on the run after potentially exposing people to HIV, hepatitis

A man who illegally practised dentistry from a Burnaby residence has disappeared after authorities seized his equipment, including drills and syringes that were not properly sanitized.

Any former patients of Tung Sheng Wu, also known as David Wu, should get tested for hepatitis B, hepatitis C and HIV, the College of Dental Surgeons of B.C. and the Fraser Health Authority announced Wednesday.

Authorities were alerted to Wu's practice in a bedroom on Southwood Street after a woman complained about her treatment earlier this year. The college hired a private investigator to conduct surveillance, leading to the seizure of equipment on May 29.

Wu, 62, is not a registered dentist and might have reused needles and contaminated materials. There was a "gross lack of basic hygiene in the premises," Dr. Michelle Murti said at a news conference.

Based on 1,500 client records seized, a third of his patients were children, she said.

Despite the health risks, the public was not notified earlier because the college needed to properly follow evidence procedures to "shut this guy down," college registrar Jerome Marburg said.

"This is scary stuff.... We wanted to do this properly to get this guy," Marburg said, though he admitted they don't know Wu's whereabouts as they seek to take him to court for contempt and with an order to stop practising.

This is not the first time the college has taken legal action against Wu.

In 2003, the B.C. Supreme Court prohibited Wu from practising dentistry after the college discovered he had been operating underground without a licence as far back as the 1990s in Port Moody. At the time, Wu said he planned to leave the country, but instead he set up a new shop in Burnaby.

It's not clear if Wu is a Canadian citizen or whether he has ever been trained as a dentist.

The college suspects Wu attracted patients through word of mouth, Marburg said.

"We suspect it was cheaper. He was preying on people," Marburg said.

The Fraser Health Authority is sifting through Wu's client records, which are mostly written in Mandarin, to find the contact information of patients aged four to 86, but it's proving difficult as the records are incomplete and date back 20 years. EMILY JACKSON/METRO

Need help?

Anyone who received treatment from Wu should contact Fraser Health's toll-free hotline at 1-855-895-7425.

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Province asks for public input on liquor-law reform

Review underway. Industry reps and restaurateurs rejoice at the news

KATE WEBB
kate.webb@metronews.ca

The province will hold its first public consultations in 26 years on B.C.'s "outdated" liquor laws, and has already begun asking for feedback.

Letters were sent out to major stakeholders on Wednesday asking for written suggestions and ideas for change, and are expected to go out to another 10,000 licensees and liquor stores in the coming weeks.

In September, a website will be launched soliciting public input, and until the end of October, John Yap, parliamentary secretary for liquor policy reform, will be meeting with stakeholders, local governments, First Nations, police and associations.

Industry representatives and advocacy groups hailed Wednesday's announcement, since they have been calling for a legislative overhaul for years.

Moving forward

- John Yap is expected to deliver his final report by Nov. 25.

"The last couple of years, everybody's been working on the government one issue at a time, because it seemed to be the only way to get change, and there's been more change in the last year and a half than in the last 10," said Frank Haddad, executive director of the Modernize Wine Association of B.C.

In that period the government has given movie theatres the right to serve booze during adult-only screenings, allowed restaurant patrons to bring their own wine, and allowed brewers and distillers to open licensed tasting rooms.

Tyler Dyck, CEO of the Okanagan Spirits Distillery in Vernon and spokesman for the Artisan Distillers Guild of British Columbia, said he wants to see the province level the playing field between distillers, wineries and breweries even further.

He said the laws still give more favourable mark-up rates to wine and beer producers, and beer producers are allowed to produce a disproportionately high volume compared to distillers to qualify for tax and markup exemptions.

Long Table Distillery founder Charles Tremewen pours samples of the Vancouver distillery's gin. JENNIFER GAUTHIER/FOR METRO

In a statement, the province said some of the issues being considered include allowing wine to be sold at farmers' markets, cutting wait times for liquor primary licenses and allowing minors into pubs that serve food during the day.

Terror suspect could plead not criminally responsible: Lawyer

One of the suspects in an alleged plot to bomb the B.C. legislature on Canada Day has been "certified" under mental-health laws and transferred to a forensic hospital, raising the possibility he could argue he is not criminally responsible, his lawyer said on Wednesday.

John Nuttall was charged last month along with his girlfriend, Amanda Korody, in what the RCMP described as an al-Qaida-inspired plan to use pressure-cooker bombs to target holiday festivities in Victoria.

The couple made a brief appearance on Wednesday in B.C. Supreme Court, where Korody blew a kiss toward Nuttall as a judge adjourned the case until late September.

Korody, whose hair was tied back in a ponytail with a pink band, was otherwise expressionless during the brief appearance, though as it finished, she turned to Nuttall and appeared to ask, "Does that mean we can go home?"

Nuttall, a tall slender man with shaggy hair and an unkempt beard, alternated his gaze between Korody and the public gallery, which was full of journalists and two courtroom sketch artists.

Nuttall's lawyer, Tom Morino, said a psychiatrist determined Nuttall should be moved from a provincial jail to a forensic hospital in Coquitlam, though Morino said he hadn't yet learned what prompted the transfer.

He declined to say whether Nuttall has a history of mental illness, though he suggested the jailhouse psychiatric assessment could be significant at trial.

"In my opinion, there's a sufficient nexus in time between this certification and the alleged incidents that it certainly raises the spectre of NCRMD (not criminally responsible by reason of mental disorder) — or as we used to call it, 'insanity,'" Morino said outside court.

He would not say whether he intended to use such an argument, adding, "It is absolutely impossible to tell at this early stage." THE CANADIAN PRESS

Unanswered questions

- Amanda Korody is being represented by another lawyer, Mark Jette, who could not be reached for comment.
- Tom Morino declined to answer questions about Korody, such as whether she is in jail or, like John Nuttall, has been transferred to a mental-health centre.

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Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report.

Noah and Connor Barthe
FACEBOOK/THE CANADIAN PRESS

Police said the boys were found dead Monday morning after the python escaped from a glass tank in an apartment, slithered through a ventilation pipe and fell through the ceiling where they were sleeping.

The apartment remained cordoned off with yellow police tape and two provincial conservation officers were seen entering and leaving the pet store Wednesday.

THE CANADIAN PRESS

MM&A Railway files for Chapter 11

Lac-Mégantic disaster. Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection.
RYAN REMIORZ/THE CANADIAN PRESS

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection.

The Montreal, Maine & Atlantic Railway says it filed for Chapter 11 bankruptcy protection Wednesday in the U.S.

It also said its sister company in Canada — Montreal, Maine & Atlantic Canada Co. — simultaneously filed a petition in Quebec Superior Court in Montreal seeking relief under the Companies' Creditors Arrangement Act, a step that would protect it from creditors.

"It has become apparent that the obligations of both companies now exceed the value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous cleanup costs following the disaster. THE CANADIAN PRESS

Quoted

"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."

Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway

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Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents. "The research shows that machines and screen media are a really ineffective way of teaching a baby language," said Susan Linn, the group's director. "What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day.

THE ASSOCIATED PRESS

Quoted

"Everything we know about brain research and child development points away from using screens to educate babies." Susan Linn, director of Campaign for a Commercial-Free Childhood

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Hong Kong poaching haul

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about $5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks. LAM YIK FEI/GETTY IMAGES

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HE SAYS

John Mazerolle
metronews.ca

One of the most important things to know about working the night shift is that it sometiah;a; ajioa mpfffff ghamha zjzzehzwez zzzzzzzzzzzzzzzzzzzz.

Oops, sorry about that. Fell asleep with my nose on the 'z' key.

This may come as a surprise to readers who assume this column pays for my luxurious lifestyle of never cooking my own meals, but to make ends meet I work several freelance writing jobs including the occasional night rotation at a news organization.

I'm in the midst of a three-week stretch working overnight, partially because I seem to be the only person who can tolerate the shift.

But working overnight has many perks, I believe.

I get exercise through a vigorous regime of repeatedly falling half-asleep and jerking awake. I earn friendships at work from co-workers who are glad they're not me. And there's a special thrill knowing I could bring down the company with a few unsupervised "mistakes."

So if you find yourself in similar work circumstances, don't despair. There are a number of tips I follow to make nights more tolerable, and by sharing them I hope to keep you in the dark, too.

Working on your night moves: a guide to the late shift

- Make your eight-hour shift more manageable by breaking it into eight one-hour naps.
- Remember that with your bosses absent, you are empowered to make yourself Supreme Ruler and Grand Protector of the Realm of Worklandia, and that a mop and bucket make a nifty sword and helm.
- You can learn a lot about human nature on the night shift. Check the Facebook chat box at 3 a.m. to see which of your friends are most haunted by their empty lives.
- Listen to Losing My Religion on repeat to promote R.E.M. sleep.
- During the day, occasionally throw your window open to the bustling street below and yell, "Some of us are tryyyying to sleep!"
- The night shift can be a much-needed escape from a stressful home life. So if your family life is good, change that.
- Your body will listen to the sleep signals you give it, so adjust your circadian rhythms by staying awake for 96 hours straight.
- Make your body think it's the height of day with a Seasonal Affective Disorder Lamp, some loud music, a two-four of Molson Canadian, and 10 of your closest friends.
- If co-workers arriving in the morning criticize the work you did while they were asleep in their soft beds, injuring them is completely acceptable, and in fact recommended.
- Use heavy curtains during the day so that you can live with the illusion you live in total darkness, which will make it easier to just give up.

And those are my tips. I hope you found them enlightening.

If my advice doesn't work and you still feel like the walking dead, console yourself with the knowledge that one way to deal with the zombie apocalypse is to become a zombie. Eeeeeeeeeeeeeee. Sorry. Nose on the 'e' key.

ZOOM

It's a goat thing they feed us for this

WIN MCNAMEE/GETTY IMAGES

Landscapers are worth chewing over

Eco-Goats begin the process of clearing land adjacent to the historic Congressional Cemetery on Wednesday in Washington, D.C.

Dozens of goats will be used to clear a two-acre plot covered with vines, poison ivy and ground cover adjacent to the cemetery where former FBI director J. Edgar Hoover, photographer Mathew Brady and former vice-president Elbridge Gerry are buried.

Goats are being deployed for the task to prevent toxic weed-killing chemicals from being used so close to the nearby Anacostia River.

THE ASSOCIATED PRESS

Their contract

6 days

The goats that have been "hired" for the landscaping gig will work 24-hour shifts for six days. The Washington Post noted that Congress is currently not in session, but that the goats may "be more productive than Congress" has been. The cemetery is open from dawn to dusk but cars aren't welcome.

Their employer

- The business, called Eco-Goats, is based in Maryland. Owner Brian Knox says he got into the business by mistake, as a friend was trying to get rid of some goats. He soon realized how sustainable the method was.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK

Look out, Spanish and Mandarin, there's a new language in town. Computer code is no longer the domain of the suspender-wearing, glasses-sporting computer-science geeks — coding is now cool. From programs like Code for Kids to Ladies Learning Code, computer language has gone mainstream. Getting down with code can put a strain on your wallet — but it doesn't have to with these free online courses.

Codecademy
Learn JavaScript, Ruby, Python, etc., online, for free, at your own pace.

Treehouse
Using online videos, you can learn code, web design, etc., then practise what you've learned with quizzes.

Udacity
Stanford University offers free online courses on just about anything, including HTML, JavaScript and others.

Comments

RE: WpgParkingFail Shames Winnipeg's Poor Parkers, published online Aug. 5

Kudos to the crew that saw this nugget of news from concept to execution. Mysterious creator who shall remain anonymous? You're writing a story about a blog, not taking down Nixon with Watergate. Guy's name is Paul Overwater. There. Hooray for domain registration info being public. And yup, Facebook confirms. Get some standards, Metro. This is basic stuff and you know it.

Richard Curly posted to metronews.ca

Twitter

@metropicks asked: WPGParkingFail.com shames 'Peggers for their parking skills, or lack thereof. What driver/cyclist/pedestrian offence do you think needs shaming?

@gaylebg: all the problems and this is the best you can come up with. Raspberries

@MartinvandenH: Is RmdParkingFail.com far behind?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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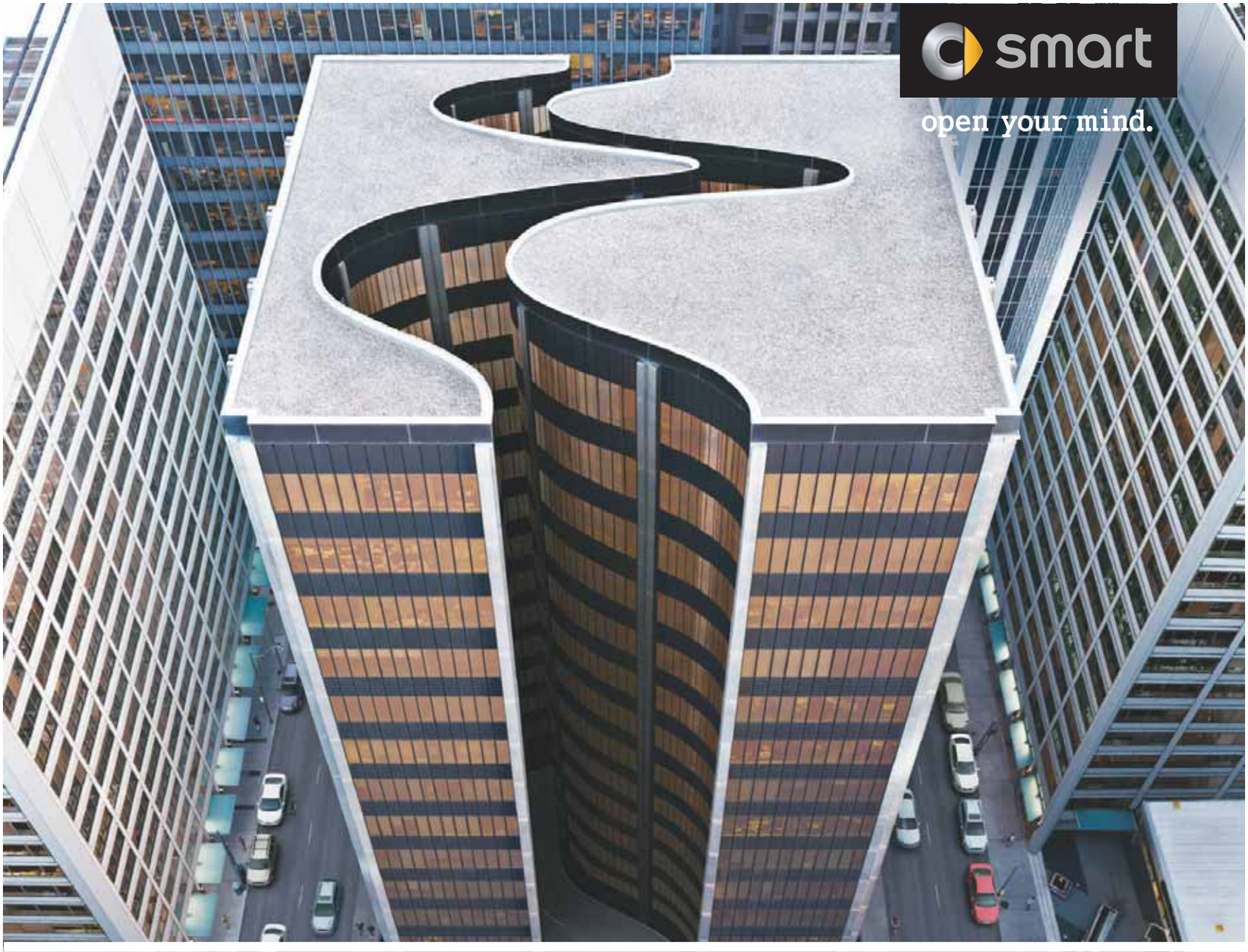

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Forget SeaWorld, go see Get Spanked

Events. Prepare to go to War, or you'll get spanked and end up with a whale of a problem

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Get Spanked plays at the Vogue Theatre from Nov. 14 to 16. PAUL SCHNAITTACHER

Do you remember Tilikum, the killer whale? You might recall he was the one-time resident of B.C.'s Sealand of the Pacific that was subsequently shipped to SeaWorld in Orlando, Fla., following the death of trainer Keltie Byrne, who slipped and fell into his pool.

And that wasn't the last human death associated with that particular bull orca.

Check out Gabriela Cowperthwaite's compelling new documentary Blackfish, a critical look at how these beautiful creatures are snatched from the wild, placed into captivity and packaged for our entertainment. It's heart-wrenching to watch and you're more than likely not going to visit Sea World — or facilities like it — ever again. As Iris Schneider from LA Observed succinctly said, it's "another nail in the coffin of animal entertainment."

Blackfish screens at Vancity Theatre tonight, and again next week on Aug. 16 to 18. Visit viff.org for showtimes.

War Horse

The National Theatre of Great Britain's epic play War Horse premieres in Vancouver at the end of September at the Q.E. Theatre.

Of course, you could read Michael Morpurgo's novel, or watch Steven Spielberg's film, but then you won't see what the New York Times called "theatrical magic."

It's won five Tony Awards — including best play — and Broadway Across Canada stages it here from Sept. 24 to 29.

Tickets start at $35 and are on sale now. Visit broadwayacrosscanada.ca for more information.

Get spanked

Lots of advance notice for this one, but tickets are on sale now so why not commit to Spank! The Fifty Shades Parody, which comes to Vancouver's Vogue Theatre Nov. 14 to 16?

It's simple, really: take all the naughtiness of the best-selling book, re-imagine the characters, then bring them to life with hysterical comedy, musical numbers and steamy performances.

Maybe add a Spank! cocktail that people can down before the show and you're golden. Tickets $32.50 to $47.50, on sale now at northerntickets.com.

Check out spankshow.com for more information.

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Azaria is more than just a voice

The making of Deep Throat. The voice of The Simpsons takes on the role of the director of iconic porn of the '70s — and hates wearing polyester

MATT PRIGGE
Metro World News in New York

Hank Azaria gets his turn in front of the camera in Lovelace. CONTRIBUTED

Hank Azaria is more often heard than seen, given that he's about to start his 25th season as the voice of Moe, Apu, Chief Wiggum, Comic Book Guy, et al. on The Simpsons. But he has a long history in front of the camera as well. He can currently be seen, under impressive makeup, as Gargamel in The Smurfs 2. The flip side of his talents can be seen in Lovelace, a biopic about the making of the legendary box office juggernaut porn Deep Throat, in which he plays the film's director, Jerry Damiano.

You were very young when Deep Throat came out. How aware of it were you then?
You heard about it. It was a big deal. I remember hearing Deep Throat and confusing it with Watergate. I knew it was sexual, but I obviously never saw the film, at least back then.

What attracted you to the project?
People were asking me if I had second thoughts doing it. I could imagine why Amanda (Seyfried, who plays star Linda Lovelace) might have second thoughts, with all the nudity. But I can't imagine why anyone else would. Post-Boogie Nights, why would anybody hesitate? You'd think I'd been asked to do a porn.

How did you prepare for the role?
There was a lot of interview footage of this guy. He's much like I portray him — he was very sweet and open and enthusiastic and thinking he was making art. He loved making movies, and loved pornography. It wasn't "Oh, s—, I wanted to be a filmmaker and I got stuck here!" This guy really loved making adult movies and wanted them to be as great as they could be, almost in a childlike way.

Was it easy to get into that '70s vibe?
The wardrobe and the hair really did that for us. It's hard not to feel like you're in the '70s when you're dressed head-to-toe in polyester. I found myself very grateful we're no longer in the polyester era, even though I wore it as a kid. Boy, is that stuff uncomfortable and ridiculous. It's like wearing plastic. It doesn't breathe.

How do you handle that tonal switch as an actor?
You just try to play things honestly. I was depicting Jerry very much as he was, how he sounded. He had his sense of humour and what he was earnest about. They did a smart thing in editing: They made it two very clear sections — here's the happy version of what happened, and here's the more realistic not so f—ing happy version of what happened. By doing that they avoided anybody saying this film has tonal problems. It's true that, like life, both extremes existed at the same time. But they were smart in the way they cut it to give you one version of the story, then another.

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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during a an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."

Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says

Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.

Twitter

@Sethrogen
People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.

@markduplass
We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.

@pattonoswalt
Call your parents and apologize. Just, on general principles. For everything.

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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience. But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."

What's on the market?

The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function. $180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app. $495, citizenwatch.com

Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. $249, martianwatches.com

The technology drivers

I'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. $299, imsmart.com

News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. RICHARD PECKETT

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Games can help build a child's word and number skills, as well as strategizing, problem solving, turn taking and negotiating, which is a great way to stimulate a child's academic skills while having fun. ISTOCKPHOTO/THINKSTOCK

Time to celebrate another school year

MICHELLE WILLIAMS
For Metro

Are your kids sorry to see summer go? It may feel a little geeky for your kids to admit that they are excited about going back to class, but many children are.

Whether your kids are quietly cheering the start of school or wishing it was still a long way away, there are things you can do to celebrate the end of summer and the coming school year.

Start by asking your kids to make a list of what they like about school. This isn't just a make-work project.

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way," said Kathy Lynn, parenting expert, speaker and author.

Plan a special end of summer activity. "A beach party or visiting a water park really celebrates summer," Lynn said. "Or, depending on the ages and interests of the kids, it could be something more educational, like a visit to a museum or science centre."

You can even go big and throw an end-of-summer party. "Invite school friends the kids may not have seen all summer to help re-establish connections."

Shopping for new school clothes and supplies is always lots of fun. "Starting fresh with new things is a great way to get kids keen to head back to class," Lynn said.

Choose a day when things won't be busy or rushed and turn it into a special occasion by adding a lunch or a movie after you are done shopping.

It doesn't have to all be about celebrating.

"Pull out a few board games like Monopoly or Scrabble," Lynn said. "It will help build their word and number skills, as well as strategizing, problem solving, turn taking and negotiating — a great way to stimulate kids' academic skills while they're having fun."

Do your kids say they don't want to go back to class? Listen carefully to their reasons. It could be bullying, nervousness about moving on to a new grade or dealing with a new teacher. Lend an ear, it's important for kids to know you are there to support them.

Fresh start

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way."

Kathy Lynn, parenting expert, speaker and author

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Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

Pandoro Dusty Shale Oval, five by eight inches, $230, homesav.com

Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

Small Sheep Bath Mat, two by three inches, $20, simons.ca

Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, $160, gelpro.com

Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveu landscape painting.

Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, $300, homedepot.ca

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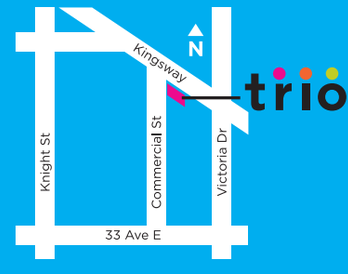

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Rubber ducky, you're the one, now let's make showering fun

DIY ideas. Add a splash of colour and a touch of texture by installing a mosaic tile shower wall in your bathroom

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

Step 1: Prepare walls for tiling
Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound.

Make sure the installation surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

Step 2: Set tiles
Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one. First, seal the walls using a V-notched trowel to spread thin-set adhesive on the wall surface. Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

Step 3: Remove plastic covering
Peel and stick tiles are the most popular and cost-effective product. The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

Step 4: Apply grout

Do you constantly think your morning shower could be more vibrant? This DIY idea is for you. ISTOCK IMAGES

Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

I HATE MY BATH OFFERS MORE TIPS ON HOW TO GIVE YOUR BATHROOM A BOOST, THURSDAYS AT 10:30 P.M. ET/PT ON DIY NETWORK CANADA

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Pop goes the ice — in your mouth

One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more.

Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Tapioca flour is often called tapioca starch. They are identical products.

Fudge Ice Pops

This recipe makes nine to 12 ice pops. THE CANADIAN PRESS H/O

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. RECIPE ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

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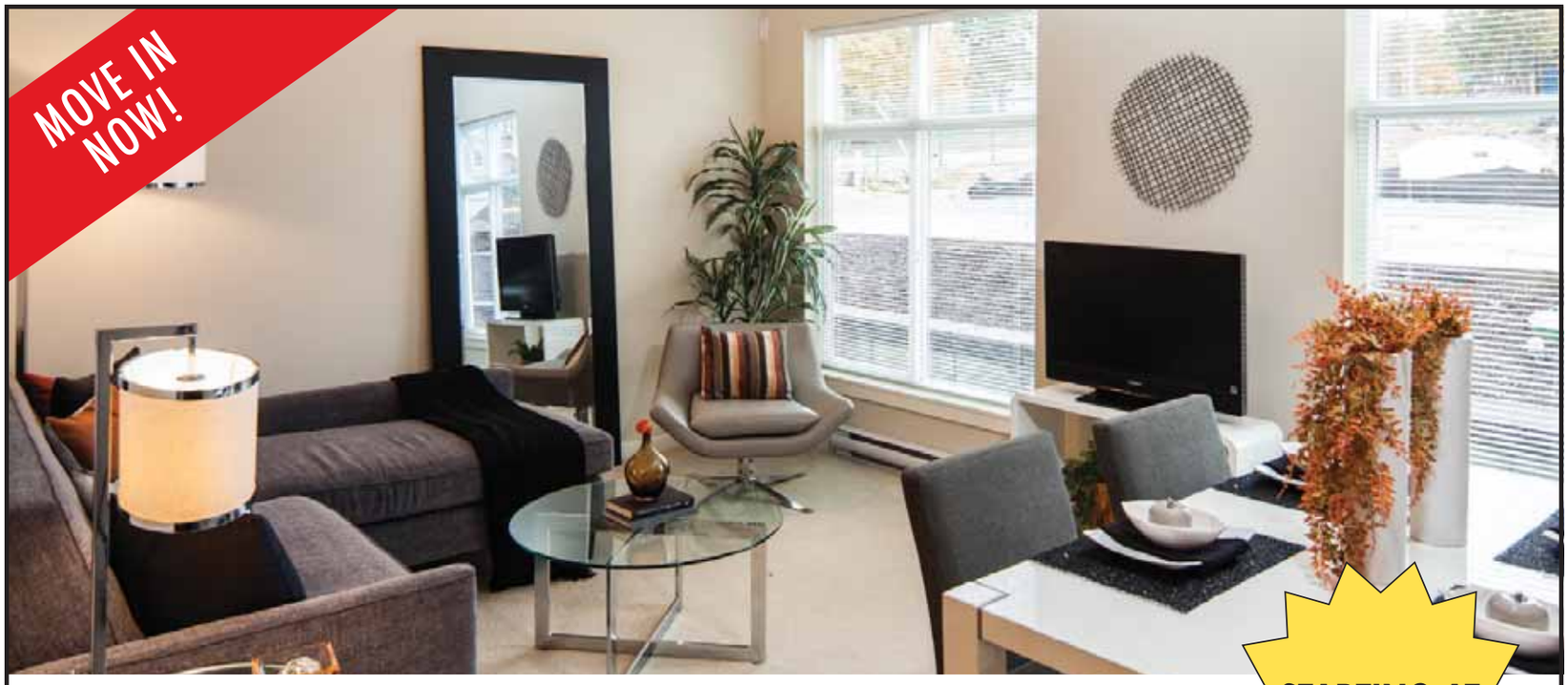

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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

CONTRIBUTED

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

• Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.

• Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

• Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.

• Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

– François Ramsay, senior vice-president with Yellow Pages Group

COMMUNITY IS AT THE HEART OF BUSINESS

Some of Vern Milani's earliest memories are of working in his father's store. At eight years of age, on weekends, he was stocking shelves and sweeping floors, helping out his mom and dad as they worked to make Milani Drainage (as it was then known) a success. The business, founded in 1956, was growing well.

Milani was growing, too, and so were his responsibilities. Soon he was helping customers directly, showing them the fixtures they needed and how to put them together. He even visited job sites. At 17, he enrolled in a five-year apprenticeship program to become a licensed plumber. The college waived the first three years, admitting his apprenticeship had already begun.

In 1986, at age 29, Milani bought his parents' company, later renaming it Milani Plumbing, Drainage & Heating to reflect its expanded services. But the family's commitment to the community remained unchanged.

"We buy our supplies locally whenever we can," Milani says. "We're proud to be British Columbians, and Canadians, and we want to support businesses here at home."

The Milani's charity work is another way they contribute — like helping build a reservoir in Ghana, or serving patients at Burnaby Hospital a full-course Christmas dinner. Whether at home or abroad, the Milani's community spirit remains the heart of their business.

Make a local purchase today and support local business owners like Vern Milani.

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Make a local purchase today and help your neighbourhood thrive.
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SMALL BUSINESSES, BIG IMPACT.

There are over 1 million small businesses across Canada who leave a big mark on our lives each and every day.

They sustain our economy, create jobs and help us manage our daily needs. Their presence helps grow and shape the neighbourhoods where we live, work and play.

Your next purchase can make a difference for a small business owner and in turn, for your neighbourhood.

Shop local and put your dollars to work building healthy, thriving neighbourhoods.

→ myneighbourhoodfirst.ca

MY NEIGHBOURHOOD FIRST

Vasek Pospisil celebrates a point during the Rogers Cup men's tennis tournament in Montreal on Wednesday. PAUL CHIASSON/THE CANADIAN PRESS

Raonic, Pospisil keep Canadian hopes alive

Men's Rogers Cup. Local prodigy Peliwo, Ontario's Jesse Levine and Frank Dancevic out

Vasek Pospisil and Milos Raonic kept Canada on a roll Wednesday at the men's Rogers Cup.

Pospisil, a Vancouver resident, posted a 6-2, 6-4 second-round victory over Czech Radek Stepanek.

Pospisil will have a first meeting with fifth-seeded Tomas Berdych.

His No. 71 ranking will rise from this week's performance after reaching the third round of a Masters series tournament for the first time.

"Everything is going very well for me, indeed," the 23-year-old said. "But this is thanks to the hard work I've been doing.

"It is paying off right now. Everything is falling into place. The goal I had set for myself for the end of this year was, at best, to be top 50. But later, because I had been sick ... I thought I could try for top 70."

The big-serving Canadian Raonic, who is adjusting to a new coach and a more aggressive style, was never in trouble in second-round action Wednesday as he downed Mikhail Youzhny 6-4, 6-4 just before torrents of rain crashed down on Uniprix Stadium.

It was the first time since May the lanky right-hander put two wins together, and the victory was much more decisive than his three-set win over Jérémy Chardy in the opening round.

Learning experience

"There's definitely a lot of confidence, a lot of positives to take from these matches." Filip Peliwo

"You sort of keep working away," said Raonic. "You keep hoping you get closer ...

"The thing is, I felt like I was getting closer definitely on the practice court, I just wasn't really doing it in the matches."

In other action, 19-year-old Filip Peliwo of North Vancouver fell 6-3, 3-6, 6-3 to Denis Istomin of Uzbekistan. The 2012 Wimbledon and U.S. Open junior champion had posted his first Rogers Cup win in the first round over Finland's Jarkko Nieminen.

Andy Murray and Rafael Nadal were successful in their returns to the court.

THE CANADIAN PRESS

CFL

Lions' Lulay, Elimimian given weekly honours

B.C. Lions quarterback Travis Lulay and linebacker Solomon Elimimian received Player of the Week honours on Wednesday.

Lulay, who passed for 268 yards and three touchdowns in Monday's 27-20 win over the Winnipeg Blue Bombers, was named the CFL's Offensive Player of the Week.

Elimimian, who forced a turnover with a heavy hit on Blue Bombers returner Aaron Woods Monday and then had an interception in the second quarter, was named Defensive Player of the Week.

METRO

MLB

Blue Jays fall apart in 5th in Seattle

Humberto Quintero's two-run homer highlighted a six-run fifth inning, and the Seattle Mariners rallied for a 9-7 victory over Toronto on Wednesday to spoil the return of Blue Jays left-hander J.A. Happ.

It was Happ's first start since May 7, when he suffered a skull fracture and sprained knee after being hit by a line drive in Tampa Bay.

THE ASSOCIATED PRESS

Toronto pitcher J.A. Happ GETTY IMAGES

Whitecaps lose one centre back, gain two

There is no timetable for Brad Rusin's return. JEFF VINNICK/GETTY IMAGES

Vancouver Whitecaps centre back Brad Rusin has suffered a badly sprained ankle and there is no time frame for his return, according to club president Bob Lenarduzzi.

Rusin injured his ankle when he collided awkwardly with Diego Valeri early in the first half of Saturday's 1-1 draw with the Portland Timbers.

He went for an MRI on Tuesday, and then tweeted out a photo of a swollen ankle with dark bruises. The message that accompanied the photo read: "Not what I had hoped for, but there are worse things in life to overcome. Staying positive ..."

And so the club's injury woes at centre back continue.

But while Rusin won't be available, there is a light at the end of the tunnel when it comes to fellow defenders Andy O'Brien and Jay DeMerit.

The reserves

"I think what (injuries have) done ... is established that we have a deeper pool of players than we thought."

Club president Bob Lenarduzzi, on Johnny Leveron and Carlyle Mitchell.

O'Brien has been out since June 8 with a hamstring injury, and DeMerit since March 2 with a ruptured Achilles tendon.

It sounds like O'Brien could be available for Saturday's home match against the San Jose Earthquakes.

DeMerit, like O'Brien, is also training with the first team.

Despite injuries to three key centre backs, the club has been pleased with the play of Johnny Leveron and Carlyle Mitchell — 23 and 25 years old, respectively — at the position in replacement duty.

"If somebody said at the start of the season that we'd go into Portland this past Saturday with Leveron and Mitchell starting in the middle of the back, (there) would've been some skepticism about that."

CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

♉ Taurus
April 21 - May 21
You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

♊ Gemini
May 22 - June 21
Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

♋ Cancer
June 22 - July 23
Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

♌ Leo
July 24 - Aug. 23
You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

♍ Virgo
Aug. 24 - Sept. 23
The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

♎ Libra
Sept. 24 - Oct. 23
Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

♏ Scorpio
Oct. 24 - Nov. 22
The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

♐ Sagittarius
Nov. 23 - Dec. 21
Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

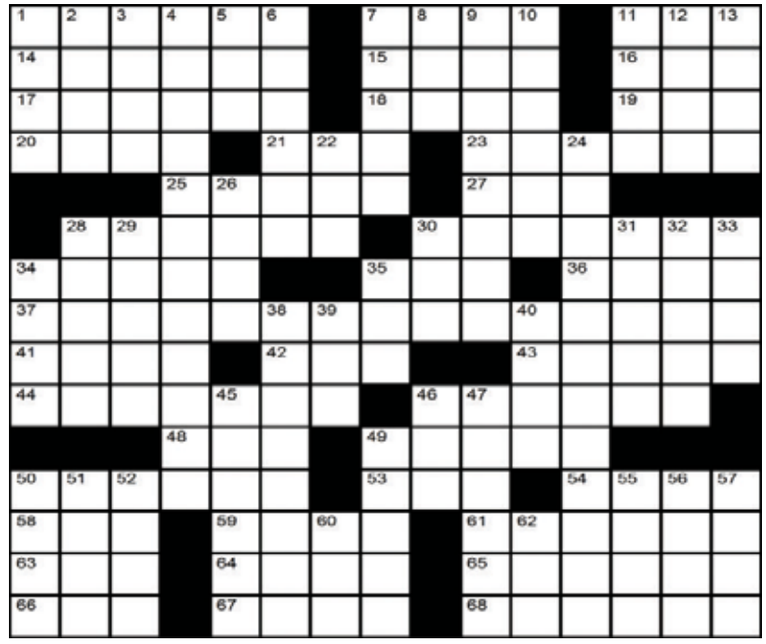
♑ Capricorn
Dec. 22 - Jan. 20
Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

♓ Pisces
Feb. 20 - March 20
You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

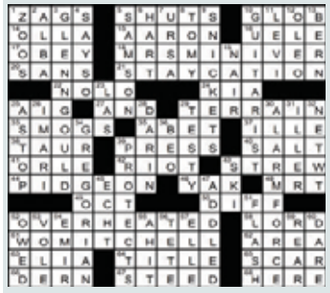
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Type of computer printer
7. French film
11. Blue Rodeo hit
14. One of Montreal's Concordia University's campuses
15. Dupery
16. Pronoun
17. Basketball great, __ Abdul-Jabbar
18. Commedia dell'__
19. Standard
20. Single-horse carriage
21. Celeb photographer
23. Bring†in from beyond
25. Picture files on PCs
27. __-locka, Florida
28. Rock: French
30. Horns of nature
34. "__ bleu!" (Golly!)
35. Camel hair garment
36. H.G. Wells people
37. Period of social change in Quebec in the 1960s: 2 wds.
41. Falsehood
42. That, in Tijuana
43. Tend the fire
44. This evening
46. Baseball team: acr. + wd.
48. Ginger drink
49. Picnic blanket's one-of-some
50. Vancouver-born actor Mr. Jackson
53. 'Motor' suffix
54. Yep's opposite
58. Commonly, in verse
59. Snare
61. Reached home plate, this way: 2 wds.
63. Charlemagne's li'l domain
64. 'Conval' suffix (Recuperate)
65. Nature/beach/recreation spot on Vancouver Island
66. '60/'70s war zone, informally
67. Want
68. Cold __ (Singer/songwriter from Etobicoke, ON)
24. Painter-at-the-easel's tool: 2 wds.
26. __-a-porter (Ready-to-wear)
28. Brazil's Sao __
29. 'Mort' suffix (Funeral parlor gig)
30. Blood-typing letters
31. Poet T.S.
32. Chess pieces
33. __ qua non (Essential factor)
34. Floor plan measuring unit, __. __.
35. Ms. Gardner
38. Practice for the play
39. Founded, for short
40. "Gomer Pyle, _._._._."
45. __-free bread
46. Calgary Flames org.
47. Bakery supplies
49. Made do
50. Saint __, New Brunswick
51. Canadian cellist Ms. Harnoy
52. Plant part
55. Relating to lyric poetry
56. "Get the Party Started" singer
57. Rock producer Brian's
60. Toronto Blue Jays mascot
62. Sever

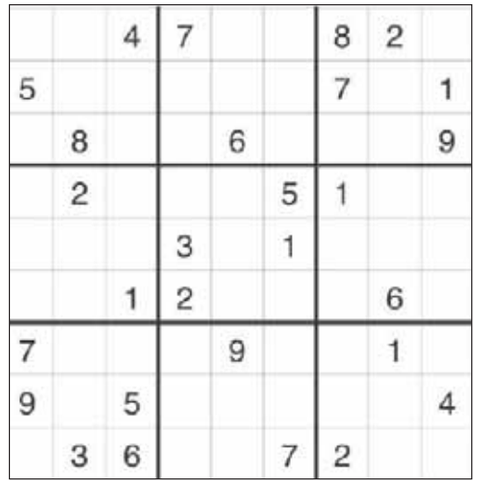
Down
1. Types
2. Biblical mariner
3. Ms. Sedgwick of acting
4. Iconic 'Degrassi' character played by Pat Mastroianni: 2 wds.
5. 'Client' completer
6. Meddle
7. Cowboy coverings
8. 'Super' suffix
9. CBC News program, "The __"
10. Let off
11. Spelling misssstake
12. Bellylaugh!
13. Portable dwelling of Mongolia
22. 27, for one

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	1	5	6	8	2	4	7	9
7	6	4	9	3	1	2	8	5
2	9	8	5	4	7	1	3	6
4	8	7	1	5	6	9	2	3
9	5	3	2	7	4	6	1	8
1	2	6	3	9	8	7	5	4
6	7	9	8	2	5	3	4	1
5	4	1	7	6	3	8	9	2
8	3	2	4	1	9	5	6	7

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